

VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: UZKZ

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vanden Abeele Syl

Coaches: Heyligen Bert

Coaches: Planckaert Pieter HEADCOACH

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 25: 100M BACKSTROKE WOMEN 15-16 Heat:5, starttime: 08:39

Heat: 5/6 Lane : 2 Athlete: BONASSI HÉLÈNE Q-time: 01:09:30

PB (25m pool): 01:09.30 Ettelbruck 19/04/2026 PB (50m pool): 01:11.43 SB: 01:10.61 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.02		01:09.30	
		00:33.02		00:36.28	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16 Heat:3, starttime: 08:48

Heat: 3/6 Lane : 3 Athlete: BALCAEN SANDER Q-time: 01:04:74

PB (25m pool): 01:04.74 Ettelbruck 19/04/2026 PB (50m pool): 01:07.16 SB: 01:05.52 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.04		01:04.74	
		00:31.04		00:33.70	
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14 Heat:6, starttime: 09:04

Heat: 6/8 Lane : 4 Athlete: LIBBRECHT ZOë Q-time: 00:59:47

PB (25m pool): 00:59.47 Aachen 11/10/2026 PB (50m pool): 01:01.18 SB: 00:59.47 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.09		00:59.47	
		00:29.09		00:30.38	
					

Coach feedback:

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Event number: 30: 50M FREESTYLE MEN 15-16										Heat:3, starttime: 09:29	
Heat: 3/6 Lane : 7 Athlete: DEMEYERE LARS										Q-time: 00:26:54	
PB (25m pool): 00:26.54 Waregem 26/09/2026										PB (50m pool): 00:26.66 SB: 00:26.54 Waregem 26/09/2026	
	2 5 M		5 0 M								
PB			00:26.54								
			00:26.54								
											

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:1, starttime: 09:33	
Heat: 1/10 Lane : 3 Athlete: DHUYVETTER EM							Q-time: 03:03:71	
PB (25m pool): 03:03.71 Brugge 04/10/2026				PB (50m pool): 03:04.14 SB: 03:03.71 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.12		01:28.55		02:22.16		03:03.71
	00:40.12		00:48.43		00:53.61		00:41.55	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:3, starttime: 09:40	
Heat: 3/10 Lane : 3 Athlete: TUYTENS LAURE							Q-time: 02:56:19	
PB (25m pool): 02:57.98 Brugge 04/10/2026				PB (50m pool): 02:56.19 SB: 02:57.98 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.16		01:24.45		02:18.47		02:57.98
	00:40.16		00:44.29		00:54.02		00:39.51	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:4, starttime: 09:44	
Heat: 4/10 Lane : 3 Athlete: POPPE CéLESTE							Q-time: 02:54:81	
PB (25m pool): 02:54.81 Brugge 04/10/2026				PB (50m pool): 02:58.14 SB: 02:54.81 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.00		01:23.88		02:14.32		02:54.81
	00:40.00		00:43.88		00:50.44		00:40.49	
								

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:5, starttime: 09:47	
Heat: 5/10 Lane : 1 Athlete: VANCAMELBEKE LOTTE							Q-time: 02:54:08	
PB (25m pool): 02:54.08 Brugge 04/10/2026				PB (50m pool): 02:58.54 SB: 02:54.08 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.93		01:22.12		02:13.00		02:54.08
	00:38.93		00:43.19		00:50.88		00:41.08	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:6, starttime: 10:25	
Heat: 6/10 Lane : 7 Athlete: ROIJERS REMI							Q-time: 02:51:29	
PB (25m pool): 02:51.29 Brugge 04/10/2026				PB (50m pool): 02:55.17 SB: 02:51.29 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.26		01:21.91		02:14.37		02:51.29
	00:38.26		00:43.65		00:52.46		00:36.92	
								

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14										Heat:2, starttime: 10:47	
Heat: 2/4 Lane : 4 Athlete: HEYLIGEN FELL										Q-time: 00:35:59	
PB (25m pool): 00:35.59 Brugge 04/10/2026										PB (50m pool): 00:50.32 SB: 00:35.59 Brugge 04/10/2026	
	2 5 M		5 0 M								
PB			00:35.59								
	00:35.59										
											

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:1, starttime: 11:12	
Heat: 1/4 Lane : 5 Athlete: BALCAEN SANDER							Q-time: 04:30:26	
PB (25m pool): 04:30.26 LAGO Zwevegem 25/05/2026				PB (50m pool): 04:44.48 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:30.31		01:05.12		01:39.98		02:15.63
	00:30.31		00:34.81		00:34.86		00:35.65	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:50.65		03:25.82		03:59.74		04:30.26
	00:35.02		00:35.17		00:33.92		00:30.52	
								

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Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:6, starttime: 11:49	
Heat: 6/6 Lane : 4 Athlete: LIBBRECHT ZOë							Q-time: 02:26:26	
PB (25m pool): 02:26.26 Brugge 04/10/2026				PB (50m pool): 02:30.70SB: 02:26.26 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:30.87		01:08.57		01:51.56		02:26.26
	00:30.87		00:37.70		00:42.99		00:34.70	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:2, starttime: 11:56	
Heat: 2/6 Lane : 3 Athlete: HEYLIGEN FELL							Q-time: 02:39:74	
PB (25m pool): 02:47.53 Ettelbruck 19/04/2026				PB (50m pool): 02:39.74 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.58		01:22.30		02:09.96		02:47.53
	00:38.58		00:43.72		00:47.66		00:37.57	
								

Coach feedback: